

CoQ10 and Inflammation: How This Powerful Antioxidant May Help Fight Chronic Disease

Many chronic diseases — like diabetes, heart disease, and obesity — are linked to long-term inflammation in the body. Researchers have been taking a closer look at whether a naturally occurring compound called CoQ10 (Coenzyme Q10) can help reduce that inflammation.

What is CoQ10?

CoQ10 is a substance your body makes on its own and stores inside your cells, specifically in the part of the cell responsible for producing energy (the mitochondria). It plays three important roles: helping your cells generate energy, acting as a powerful antioxidant that protects cells from damage, and helping regulate how certain genes are expressed.

What Does the Research Show?

In a large review of nine clinical trials involving 428 patients, scientists looked at what happened when people with metabolic diseases took CoQ10 supplements daily. Doses ranged from 100 to 500 mg per day, and all participants were compared against a group taking a placebo (a sugar pill). The results showed that CoQ10 supplementation meaningfully raised CoQ10 levels in the blood — and improved key markers of inflammation.

A separate study focused on patients with advanced kidney disease, a condition associated with high levels of oxidative stress (essentially, cellular damage). Patients who took just 100 mg of CoQ10 per day saw significant reductions in C-reactive protein (CRP) — a key indicator doctors use to measure inflammation in the body — compared to those taking a placebo.

A further large-scale review published in the journal *Pharmacological Research* confirmed these findings, showing that CoQ10 consistently lowered CRP levels across multiple studies.

The Bottom Line

Across multiple well-designed studies, CoQ10 supplementation appears to meaningfully reduce inflammation in people with metabolic diseases, while also boosting CoQ10 levels in the blood. If you deal with a condition tied to chronic inflammation, CoQ10 may be worth a conversation with your healthcare provider.

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